



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Full Report (All Nutrients) 01037, Cheese, ricotta, part skim milk

Report Date: June 22, 2017 10:58 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor: 4.27 Nitrogen to Protein Conversion Factor: 6.38

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.5 cup 124g	1 oz 28.35g	1 cup 246g
Proximates							
Water	g	74.41	12	0.891	92.27	21.10	183.05
Energy	kcal	138	--	--	171	39	339
Energy	kJ	578	--	--	717	164	1422
Protein	g	11.39	9	0.767	14.12	3.23	28.02
Total lipid (fat)	g	7.91	12	0.612	9.81	2.24	19.46
Ash	g	1.15	7	0.098	1.43	0.33	2.83
Carbohydrate, by difference	g	5.14	--	--	6.37	1.46	12.64
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0
Sugars, total	g	0.31	--	--	0.38	0.09	0.76
Minerals							
Calcium, Ca	mg	272	8	28.960	337	77	669
Iron, Fe	mg	0.44	2	--	0.55	0.12	1.08
Magnesium, Mg	mg	15	8	1.325	19	4	37
Phosphorus, P	mg	183	8	18.455	227	52	450
Potassium, K	mg	125	8	9.806	155	35	308
Sodium, Na	mg	99	--	--	123	28	244
Zinc, Zn	mg	1.34	2	--	1.66	0.38	3.30
Copper, Cu	mg	0.034	--	--	0.042	0.010	0.084
Manganese, Mn	mg	0.010	--	--	0.012	0.003	0.025
Selenium, Se	µg	16.7	--	--	20.7	4.7	41.1
Vitamins							
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.5 cup 124g	1 oz 28.35g	1 cup 246g
Thiamin	mg	0.021	7	0.003	0.026	0.006	0.052
Riboflavin	mg	0.185	7	0.013	0.229	0.052	0.455
Niacin	mg	0.078	6	0.014	0.097	0.022	0.192
Pantothenic acid	mg	0.242	--	--	0.300	0.069	0.595
Vitamin B-6	mg	0.020	6	0.002	0.025	0.006	0.049
Folate, total	µg	13	--	--	16	4	32
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	13	--	--	16	4	32
Folate, DFE	µg	13	--	--	16	4	32
Choline, total	mg	16.3	--	--	20.2	4.6	40.1
Vitamin B-12	µg	0.29	5	0.038	0.36	0.08	0.71
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	107	--	--	133	30	263
Retinol	µg	105	--	--	130	30	258
Carotene, beta	µg	20	--	--	25	6	49
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	384	--	--	476	109	945
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.07	--	--	0.09	0.02	0.17
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.1	--	--	0.1	0.0	0.2
Vitamin D3 (cholecalciferol)	µg	0.1	--	--	0.1	0.0	0.2
Vitamin D	IU	6	--	--	7	2	15
Vitamin K (phylloquinone)	µg	0.7	--	--	0.9	0.2	1.7
Lipids							
Fatty acids, total saturated	g	4.927	--	--	6.109	1.397	12.120
4:0	g	0.254	1	--	0.315	0.072	0.625
6:0	g	0.065	2	--	0.081	0.018	0.160
8:0	g	0.073	6	0.007	0.091	0.021	0.180
10:0	g	0.151	7	0.017	0.187	0.043	0.371
12:0	g	0.105	7	0.020	0.130	0.030	0.258

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.5 cup 124g	1 oz 28.35g	1 cup 246g
14:0	g	0.808	7	0.063	1.002	0.229	1.988
16:0	g	2.442	7	0.197	3.028	0.692	6.007
18:0	g	0.866	7	0.069	1.074	0.246	2.130
Fatty acids, total monounsaturated	g	2.314	--	--	2.869	0.656	5.692
16:1 undifferentiated	g	0.277	7	0.031	0.343	0.079	0.681
18:1 undifferentiated	g	1.920	7	0.152	2.381	0.544	4.723
20:1	g	0.000	--	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.260	--	--	0.322	0.074	0.640
18:2 undifferentiated	g	0.190	7	0.018	0.236	0.054	0.467
18:3 undifferentiated	g	0.070	6	0.009	0.087	0.020	0.172
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	31	--	--	38	9	76
Amino Acids							
Tryptophan	g	0.127	--	--	0.157	0.036	0.312
Threonine	g	0.523	--	--	0.649	0.148	1.287
Isoleucine	g	0.596	--	--	0.739	0.169	1.466
Leucine	g	1.235	--	--	1.531	0.350	3.038
Lysine	g	1.353	--	--	1.678	0.384	3.328
Methionine	g	0.284	--	--	0.352	0.081	0.699
Cystine	g	0.100	--	--	0.124	0.028	0.246
Phenylalanine	g	0.562	--	--	0.697	0.159	1.383
Tyrosine	g	0.596	--	--	0.739	0.169	1.466
Valine	g	0.700	--	--	0.868	0.198	1.722
Arginine	g	0.639	--	--	0.792	0.181	1.572
Histidine	g	0.464	--	--	0.575	0.132	1.141
Alanine	g	0.505	--	--	0.626	0.143	1.242
Aspartic acid	g	1.007	--	--	1.249	0.285	2.477
Glutamic acid	g	2.474	--	--	3.068	0.701	6.086

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.5 cup 124g	1 oz 28.35g	1 cup 246g
Glycine	g	0.298	--	--	0.370	0.084	0.733
Proline	g	1.078	--	--	1.337	0.306	2.652
Serine	g	0.582	--	--	0.722	0.165	1.432
Other							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0